

Nelson Mandela High School Hosts 2nd Annual Wellness Symposium 2018



Nelson Mandela High School held its 2nd Annual Wellness Symposium for students and staff on February 23, 2018. Based on a student/staff survey, the Wellness Committee offered over 54 sessions in which presenters shared their expertise on wellness with our students. The day was full of interaction and learning on wellness-related topics including financial literacy, sexual health, healthy relationships, mental health, spirituality, zumba, yoga, health & nutrition, active living, zentangle, and much more.

Nelson Mandela High School believes in engaging students not only academically but also emotionally and socially. The Wellness Symposium reflected that theme: Mandela United, "Taking Care of Ourselves and Each Other."

After a complimentary breakfast, students attended a Keynote with Dr. Pruegger who opened the day with her message of hope and respect for diversity. Students selected and attended two individual sessions. The day was brought to a close by Keynote Speaker, Don Schapira, who spoke about social media and its impact on youth.

Other highlights included the acknowledgement of the land and welcome to the circle to start our day, as well as the Mandela Pledge and Banner led by the Youth Champions, signed at lunch, and hung up in our school Stadium. This pledge speaks to #mandelacares and our pledge to honor and respect one another. Many student and staff volunteers made this day a success.

The day was full of learning, sharing and reflection. Students completed an exit survey to share their experience and the impact the day has had on them, as well as feed forward ideas for the 3rd Annual event. Our students told us how much they appreciated the school hosting a wellness day just for them. Many students commented on the value of such opportunities and how they have been inspired by presenters throughout the wellness day to make wellness a priority in their lives.

Our goal is to continue to inspire and provide invaluable experiences and insights that focus on student/staff health and wellbeing. With the continuous support of our current funders, Alberta Health Services and the Alberta Healthy School Community Wellness Fund, our Wellness Committee is dedicated to continue the tradition of "taking care of ourselves and others" at Nelson Mandela High School.



